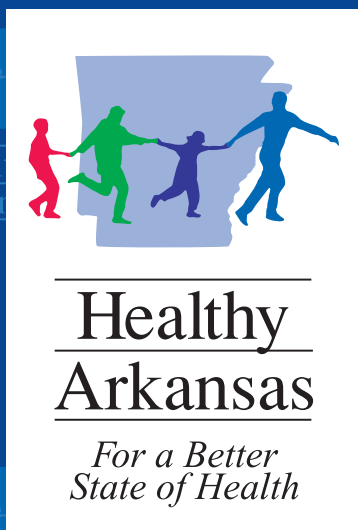


Understanding and Controlling Your Diabetes



Arkansas
is one of the most
unhealthy states
in the country.*

Do you have diabetes?

About 18.2 million Americans have diabetes and 5.2 million aren't aware they have the disease. In Arkansas, an estimated 235,000 adults have diabetes, 78,000 of whom are unaware they suffer from the disease¹.

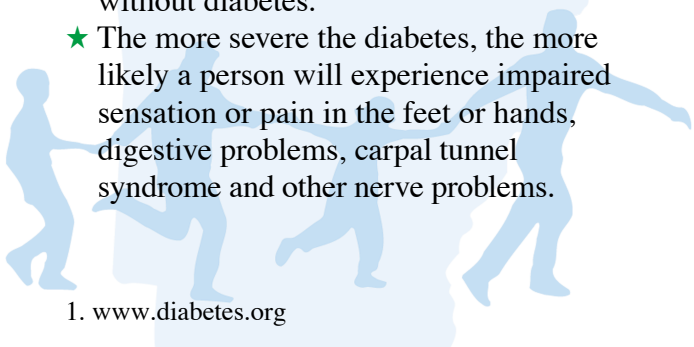
Why is controlling your diabetes so important?

You can live a long healthy life with diabetes if you learn how to take good care of yourself. You can do this by getting good medical care from your doctor, along with learning the special skills needed to help control diabetes. In studies, diabetes education has been shown to reduce trips to the hospital.

When diabetes is out of control, the results can be devastating.¹

- ★ Diabetes is the sixth leading cause of death in the United States.
- ★ The leading cause of new blindness in the United States is diabetes.
- ★ Diabetes is the leading cause of non-traumatic amputations in the United States.
- ★ A major cause of kidney disease is diabetes.
- ★ Cardiovascular disease is a complication of diabetes. People with diabetes are two-to-four times more likely to die of heart disease or stroke than those without diabetes.
- ★ The more severe the diabetes, the more likely a person will experience impaired sensation or pain in the feet or hands, digestive problems, carpal tunnel syndrome and other nerve problems.

1. www.diabetes.org



Diabetes Control Centers in Arkansas

| Site | Address | City | Zip | Phone |
|--|---------------------------------|-------------------|-------|----------------------|
| AHEC Southwest | 300 East 6th St. | Texarkana | 71854 | (870) 779-6059 |
| AllCare Pharmacy* | 3002 W. Pine St. | Arkadelphia | 71923 | (870) 246-3044 |
| Arkansas Health Group* | 353 Cash Rd. | Camden | 71701 | (870) 836-8101 x114 |
| Ashley County Medical Center* | 1015 Unity Rd. | Crossett | 71635 | (870) 364-1432 |
| Baptist Health Medical Center* | 9601 Interstate 630, Ex. 7 | Little Rock | 72205 | (501) 202-1878 |
| Baptist Health Medical Center* | 2319 Highway 110 W. | Heber Springs | 72543 | (501) 206-3256 |
| Baptist Health Medical Center* | 3333 Springhill Dr. | North Little Rock | 72117 | (501) 202-3701 |
| Baxter Regional Medical Center* | 624 Hospital Dr. | Mountain Home | 72653 | (870) 508-1765 |
| Central Arkansas Veterans Healthcare System* | 4300 W. Seventh St. | Little Rock | 72205 | (501) 257-5815 |
| Chicot Memorial Hospital* | 2729 Highway 65 & 82 S | Lake Village | 71653 | (870) 265-5351 x 312 |
| Conway Regional Health System* | 2302 College Ave. | Conway | 72032 | (501) 513-5248 |
| Cooper Clinic, P.A.* | 6801 Rogers Ave. | Fort Smith | 72903 | (479) 452-2077 x3552 |
| Crittenden Memorial Hospital/Impact Center* | 200 Tyler St. | West Memphis | 72301 | (870) 735-1500 |
| Delta Area Health Education Center* | 119 Hickory Hill Dr. | Helena | 72342 | (870) 338-9100 x115 |
| Drew Memorial Hospital* | 778 Scogin Dr. | Monticello | 71655 | (870) 367-2411 |
| Hot Springs Internal Medicine* | 1636 Higdon Ferry Rd. | Hot Springs | 71913 | (501) 525-2121 |
| Jefferson Regional Medical Center* | 1515 West 42nd Ave. | Pine Bluff | 71603 | (870) 541-7310 |
| Magnolia Hospital* | 101 Hospital Dr. | Magnolia | 71753 | (870) 235-3473 |
| Medical Park Hospital | 2001 S. Main St. | Hope | 71801 | (870) 722-2494 |
| Northwest Health System* | 2900 Medical Center Parkway | Bentonville | 72712 | (479) 553-2010 |
| Ouchita Valley Family Clinic | 353 Cash Rd. S.W. | Camden | 71701 | (870) 836-8101 |
| Ozark Health Medical Center | Hwy 65 S. | Clinton | 72031 | (501) 745-7004 x1174 |
| Piggott Community Hospital | 1206 Gordon Duckworth Dr. | Piggott | 72454 | (870) 598-3881 |
| Professional Home Care | 2010 Byres St. | Batesville | 72501 | (870) 698-0797 |
| Rebsamen Medical Center Home Health | 1400 West Braden St. N.W | Jacksonville | 72076 | (501) 985-7480 |
| Reed-Collier Drug Store* | 201 Main St. | Pine Bluff | 71601 | (870) 534-8351 |
| Saline Memorial Hospital | 1 Medical Park Dr. | Benton | 72015 | (501) 776-6000 |
| South Arkansas Medical Associates* | 600 S. Timberlane | El Dorado | 71730 | (870) 862-2400 |
| Sparks Regional Medical Center* | 1311 S. I St. | Fort Smith | 72901 | (479) 441-4071 |
| St. Anthony's Health Clinic | 200 S. Moose | Morrilton | 72110 | (501) 354-4637 |
| St. Bernards Medical Center* | 300 Carson | Jonesboro | 72401 | (870) 932-1198 |
| St. Bernards Medical Center* | 225 E. Jackson Ave. #81 | Jonesboro | 72401 | (870) 972-4341 x 870 |
| St. Edward Mercy Medical Center* | 301 Rogers Ave. | Fort Smith | 72903 | (479) 314-6722 |
| St. Joseph's Mercy Health Center* | 300 Werner St. | Hot Springs | 71903 | (501) 622-1840 |
| St. Mary's CORF* | 809 Main St. | Russellville | 72801 | (479) 368-3733 |
| St. Mary's Hospital* | 1200 W. Walnut | Rogers | 72756 | (479) 936-2850 |
| St. Vincent Infirmary Medical System | #1 St. Vincent Circle, Ste. 250 | Little Rock | 72205 | (501) 552-2572 |
| University of Arkansas for Medical Science* | 4302 W. Markham | Little Rock | 72205 | (501) 296-1220 |
| Washington Regional Medical Center | 146A Passion Play Rd. | Eureka Springs | 72632 | (501) 253-9746 |
| Washington Regional Medical Center* | 125 N. College | Fayetteville | 72701 | (479) 713-1114 |
| Washington Regional Medical Center* | 3000 N.W. (A) | Bentonville | 72712 | (479) 713-1114 |
| White County Medical Center* | 3214 East Race | Searcy | 72143 | (501) 380-1349 |
| White River Rural Health Center* | 15 North Main | Brinkley | 72021 | (870) 734-1150 |
| White River Rural Health Center | 606 W. Wilbur D. Mills | Kensett | 72082 | (501) 742-5679 |
| White River Rural Health Center | 801 Edmonds St. P.O. Box 807 | McCrary | 72101 | (870) 731-5411 |
| White River Rural Health Center* | 623 N. Ninth St. | Augusta | 72006 | (870) 347-2534 |

*Diabetes education centers recognized by the American Diabetes Association

You can learn how to control your diabetes.

Who is eligible?

The centers are open to all Arkansas residents who want to learn more about diabetes.

What do I have to do to participate?

Call the closest center to your home to learn about classes and other programs.

What do the centers offer?

Trained diabetes educators will show you how to make healthy changes in your life. You will learn about your medications, the importance of exercise, healthy eating tips, how to deal with stress, questions you should be asking your doctor and how to make other healthy changes in the way you live.

The warning signs and symptoms of diabetes

Symptoms of type I diabetes almost always occur suddenly. They may include:

- ★ Increased thirst
- ★ Many trips to the bathroom
- ★ Increased hunger
- ★ Sudden weight loss
- ★ Feeling very tired

Symptoms of type II diabetes may be easily overlooked and often are not noticed at all because they develop slowly. They may include one or more of the following:

- ★ Feeling very tired
- ★ Many trips to the bathroom
- ★ Problems with sexual function
- ★ Increased hunger

- ★ Numbness, tingling or burning in hands or feet
- ★ Dry, itchy skin
- ★ Many infections
- ★ Blurred vision
- ★ Slow-healing cuts or sores
- ★ Increased thirst

In some cases, there are no symptoms of diabetes.

A Model Program

The Arkansas Diabetes Disease Management Pilot was developed through a partnership with Eli Lilly and Company, and other key stakeholders, including the DHS Division of Medical Services, Arkansas Department of Health, Arkansas Foundation for Medical Care, Health Information Design, Arkansas Diabetes Association, Arkansas Minority Health Commission and University of Arkansas for Medical Sciences. The project includes an outcomes study of Arkansas' Medicaid diabetic population as well as face-to-face diabetes self-management training and education for people with diabetes. The program results indicate that aggressive diabetes education has a positive impact on the health of Medicaid patients and helps the state manage costs associated with the disease.

The Lilly logo is written in a red, cursive script.

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*For a Better
State of Health*

www.HealthyArkansas.com

1-800-235-0002

Governor Mike Huckabee

*www.unitedhealthfoundation.org